

SEAHAWKS DOWN

IT'S ALL OVER FOR SEATTLE, AS THE ATLANTA FALCONS BREAK AWAY FOR A 30-28 WIN. BUT THE FUTURE LOOKS BRIGHT FOR ROOKIE SEAHAWKS QB RUSSELL WILSON

PAGE 14

Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

Stanley & Leocadia Czaplicki • Dec. 29 • Niagara Falls



\$15.5 million winners

LONDON

metro

®

Monday, January 14, 2013



News worth sharing.

metronews.ca | twitter.com/metrolondon | book.com/themetrolondon



GOING GLOBAL

Actress Claire Danes arrives wearing a Versace gown at the 70th annual Golden Globe Awards on Sunday at the Beverly Hilton Hotel in Beverly Hills, Calif. *Homeland*, which stars Danes as a driven CIA agent, won the award for best television drama series. More coverage, page 9 and online at metronews.ca. JASON MERRITT/GETTY IMAGES

Have your say, Londoners

Budget 2013. Here's a primer for Monday's public-participation meeting



ANGELA MULLINS

angela.mullins@metronews.ca

Forget zero per cent — getting to 2.5 is going to be plenty painful.

With city council working toward a third consecutive tax freeze, staff have tabled a budget \$11.5 million larger than last year's.

That proposed budget would require a 2.5 per cent tax increase — and cuts galore. What would that mean?

Cuts worth about \$2.4 million approved for 2012 would become permanent, including:

- \$1 million less for a reserve fund for affordable housing;
- \$561,000 less for a program to make facilities handicapped-accessible;
- \$543,000 less for a reserve fund for city-vehicle repairs.

Fees for some services would be raised, bringing in money from the following:

Planning to go?

- The meeting on the city's draft 2013 spending plan is on Monday at 4 p.m. in council chambers.

- \$180,000 from rental-house licensing;
- \$137,000 from aquatics programs, arenas, sports and Storybook Gardens;
- \$59,000 from the tax department.

Funding for 18 city services would be reduced. Most of the cuts would come from six proposals being discussed behind closed doors, including a review of the fire and parking departments.

Other cuts could include:

- About \$1.1 million less for economic development;
- Saving \$738,000 by covering the final year of the London CARES program with reserve-fund money;
- \$271,000 from money spent on things such as training and building maintenance at the health unit;
- Ending the green-bin pilot program for a savings of \$95,000;
- Postponing plans to offer

free access to east-side community centres, freeing up \$93,000;

- Eliminating seasonal staff who clean and maintain walkways, saving \$80,000;
- Saving \$75,000 by clearing snow from sidewalks on weekdays only;
- Reducing road sweeping to save \$70,000.

So getting to zero per cent — avoiding a tax hike, in other words — will mean many more cuts, unless the city can tap significant sources of new revenue.

City staff have proposed an additional \$8.3 million in cuts that would help narrow the gap, taking the needed tax increase to 0.7 per cent. They include dipping into capital programs, something staff have warned would have long-term consequences and would all but end niceties such as bike lanes and new spray pads. Some roadwork would also be delayed for several years.

As city treasurer Martin Hayward has told councillors repeatedly over the past several months: "These will not be easy decisions."

Follow Angela Mullins on Twitter @MetroAngela



LASIK MD

VISION

FREE Consultation

1-855-895-2020 • lasikmd.com

LASIK NOW, PAY LATER[†]

\$0 \$0 \$0 %
OFFER EXTENDED!
DOWN PAYMENTS INTEREST

DON'T PAY FOR 1 FULL YEAR!

LASER VISION CORRECTION
Starting at

\$490 /eye*

All-Laser LASIK Available

*Subject to Disqualifying Card Services credit approval. Patients must book their procedure by February 17, 2013 and complete their procedure by February 17, 2013. Offer is available to LASIK MD customers only. Price is subject to change without prior notice and may vary based on prescription strength. Other conditions may apply.

The NHL is Back! Lets Party!

JOIN US FOR A

**FREE
SKATE**

**AT BUDWEISER GARDENS
JANUARY 19TH 3-5PM**

We're just as excited about hockey as you are London; so much so we're throwing a party!!! Saturday January 19th, join us from 3-5pm at Budweiser Gardens for our Celebrate Hockey Bash. There will be a **FREE** family Skate, door prizes and more!

Participants will enter through Gate 4 and everyone under 16 years of age is **REQUIRED** to wear a hockey helmet.

Its the "Lets Celebrate Hockey Together" brought to you by Oxford Learning Centre, Metro and 98.1 Free FM!





Dan Smith, southwest Ontario sales and service representative for Creemore Springs Brewery, flushes beer lines as vendors from the Western Fair District's London Wine and Food Show pack up Sunday morning. The weekend show set new attendance records, organizers said. ANGELA MULLINS/METRO

Wine show turns out to be 'overwhelming' success

Lining up. Organizers, vendors say lines were 'out the door' as wine, food show took over Western Fair District



ANGELA MULLINS
angela.mullins@metronews.ca

The Western Fair District's eighth annual London Wine and Food show was one for the record books.

More than 12,000 people toasted and sampled their way through the three-day event — a 20 per cent increase from

last year and the best attendance in the show's history.

The numbers, said show manager Andrew Kitt, were "overwhelming."

"We were at capacity Friday and Saturday," he said. "Over time, I think we've found the winning combination of what people want."

Part of that combination, Kitt said, is bringing in new vendors to the show, like a boutique tequila company added this year, and tempting taste buds with something extra special.

"People can come here and sample things that are hard to find at stores," Kitt said.

The anticipation of "What's new this year?"

brings people back," he added. The fair district isn't only bringing in the return crowd.

Matthew Fuller, event coordinator with Creemore Springs Brewery, said the show's also drawing fresh, young faces.

He considers that encouraging.

"It's showing that the interest in great quality products, craft (distributors) and local products is filtering down into that (younger) demographic," Fuller said. "It's great for us. We love to see that."

Kitt also took note of the younger crowd at this year's event. That, along with at least part of the show's growing buzz, can be attributed to

Better than wine?

Beer & BBQ show

What could possibly be better than wine?

Beer, of course.

With the London Wine and Food Show growing by leaps and bounds, the Western Fair District will venture into new territory this summer — your backyard.

The London Beer and BBQ

show, June 21 and 22 at the fair district, promises a bit of everything that's sweet about backyard barbecuing.

Plans include a beach volleyball tournament, bocce ball and horseshoes, a restaurant grilling challenge, a bacon zone, and enough craft beer to fill any room left in your belly.

Details are taking shape at westernfairdistrict.com.

METRO

the fair district's overall rebranding, he said. The "new, hip, fun direction of the dis-

trict is catching on," Kitt says. "This is the new way and it's just going to get better."

1 NEWS



100% CANADIAN & SERVING LONDON FOR 33 YEARS

START YOUR GOODLIFE TODAY

**NO MONEY DOWN
NO ENROLMENT!**

(ON A 1 YEAR MEMBERSHIP)

11 Clubs Across London

1-800-597-1FIT (1348)

goodlifefitness.com

YOUR **NO JUDGEMENT®** CLUB EveryBODY Welcome Here

*Based on the purchase of a 1 year membership. Bi-weekly payments will commence based on your start date. Applicable tax applies. No additional fees are required above the regular membership fee. Membership fees vary based on club and the selected membership option chosen. Offer valid at participating locations only. Please check goodlifefitness.com or with club for hours of operation. Other conditions apply, see club for details.

Winter planning a chilly comeback to London area

'End of our warm spell': Flurries, sub-zero temps expected after weekend warm snap, Environment Canada says



ANGELA MULLINS

angela.mullins@metronews.ca

No, winter's not over — and it's about to remind us.

After two days of double-digit highs, temperatures will dip below freezing Monday with a chance of flurries, according to Environment Canada.

The trend will continue for much of the week with daytime highs of about -3 C and overnight lows near -10 C.

"This is the end of our warm spell," Environment Canada meteorologist Ria Alsen said Sunday. "Then we'll be back to winter."

The burst of spring-like weather saw London's high reach 12.6 C on Saturday — beating the record of 11.2 C set in 1995.

Sunday's high topped

The seasonal norm

- London high: -2 C
- London low: -10 C

Source: Environment Canada

out early at 11 C and fell throughout the day, reaching 5 C by late afternoon.

As other parts of the country saw weekend snowstorms, London was pretty much on track with the rest of southern Ontario.

Several cities set new records Saturday with Toronto hitting 14.6 C — five degrees above the previous high for Jan. 12.

Despite the records, it's not too out of the norm to see a warm blast near mid-January, Alsen said.

"There's a reason it's called the 'January thaw,'" she said.

"Typically, there's a spell sometime in January where we (warm up) enough so that a lot of our snow melts," Alsen added.

"What's been a little less typical is that the temperatures we've been getting have been a little warmer (than normal)."



The soggy Sunday remains of Victoria Park's skating rink serve as a reminder of unseasonably warm weather that's been hanging around London since Friday. Temperatures are expected to dip this week. ANGELA MULLINS/METRO

London Knights lose 2 straight

Nick Halagian scored a short-handed goal in the first period and the Sault Ste. Marie Greyhounds never looked back in a 4-2 win over the London Knights in Ontario Hockey League action Sunday.

Halagian beat Knights goaltender Jake Patterson at 9:42, and Colin Miller scored on the power play just over three minutes later to give the Grey-

hounds (23-18-3) an early 2-0 lead. Jared McCann and Brandon Alderson also scored for Sault Ste. Marie, while goalie Matt Murray made 17 saves.

Alex Broadhurst and Ryan Rupert replied for London (35-7-3), and Patterson stopped 14 shots.

On Saturday in Saginaw, the Spirit handed London its first regulation-time loss in 29

games as they beat the Knights 5-2. Broadhurst and Bo Horvat scored for the Knights, whose last regulation-time loss was a 6-3 defeat to the Windsor Spitfires on Nov. 1.

Saginaw's Jake Paterson made 32 saves for the win as Patterson picked up the loss after allowing three goals on 14 shots through 26 minutes. Anthony Stolarz stopped 14-of-15

shots in 32 minutes of relief.

Garret Ross had two goals and as assist for the Spirit, while Justin Kea had a goal and an assist. Andrey Alexeev and Jimmy Lodge also scored to round out Saginaw's offence.

The Spirit went 2-for-5 on the power play while the Knights scored once on seven chances with the man advantage. **THE CANADIAN PRESS**



Lightning it up

The London Lightning's Elvin Mims takes a shot against Windsor's Anthony Johnson during National Basketball League of Canada action Sunday at Budweiser Gardens. The Lightning beat the Express 101-96, bringing London's season record to 22-2. London topped Oshawa on Saturday 115-109. ANGELA MULLINS/METRO

Trapper Street

Child approached by stranger: Police

London police are on the lookout for a man who tried to entice a boy he didn't know into his car on Trapper Street near Loggers Grove Road. The driver was described as a white man, about 25, with a thin build. He was wearing a dark winter hat, white-rimmed sunglasses and driving a dark black or blue vehicle. Anyone with information can call police at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477). **METRO**

Dundas Street

Man arrested for impaired driving

A London man faces impaired-driving and other charges after police saw a vehicle pull into a driveway on Dundas Street. The officers arrested the driver and brought him to the police station, where they allege that they found he was legally impaired and also had a lifetime driving suspension from previous convictions. Michael Dollar, 45, remains in custody and has a court date Monday. **METRO**

South London

Cops investigate gunshots

London police are investigating after gunshots were reported early Saturday morning. Around 3:27 a.m., police were called to the area around 551 Millbank Dr. after speaking with witnesses and determined that at least one shot was fired. Anyone with information on this incident is asked to call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS, or visit londoncrimestoppers.com. **METRO**

Oxford Street

Assault, robbery at variety store

London police are looking for a suspect after a store clerk was assaulted during a robbery. On Friday morning a man with a knife entered the Simpson Variety store, demanded cash and assaulted the store clerk. The suspect was wearing a red/black jacket and a dark hat. Anyone with information on this incident is asked to call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS, or visit londoncrimestoppers.com. **METRO**

CONGRATULATIONS ATHLETES from...

ub union burger
FRESH BURGERS AND HAND CUT FRIES

Receive
25% off
your next combo*

Compliments of
Monica Miatello &
Joanne Marchant

1422 Fanshawe Park Rd. W.
(@ Hyde Park Rd. just south of Scottabank)
(519) 474-6736
www.uburger.com

*Not valid in conjunction with other offers.
VALID AT LONDON LOCATION

Congratulations Students!

metro

LONDON'S Source for sports

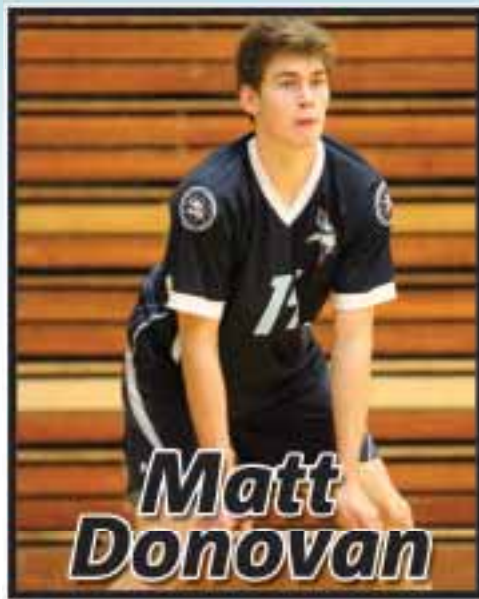
406 WHARNCLIFFE RD. S.
LONDON, ONTARIO
519-673-3810
www.facebook.com/LondonSourceForSports

Pita Pit
FRESH THINKING
HEALTHY EATING

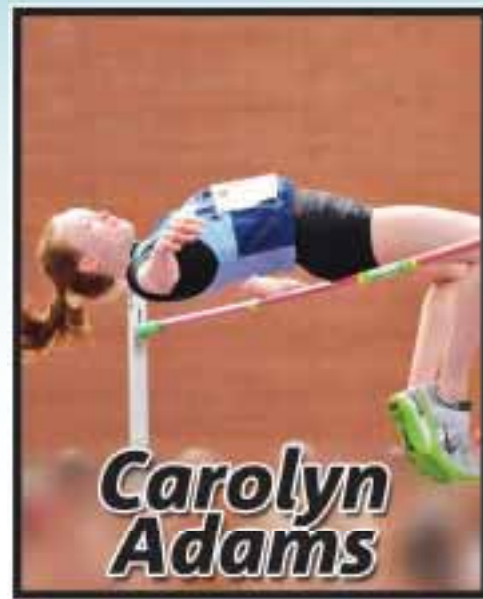
699 Richmond St • 519-438-0222

Metro London Student Athletes of the Week!

Meet Metro's featured students from **A. B. Lucas S.S.** This weekly feature highlights exceptional students in London in partnership with the Thames Valley District School Board.



Grade 12
Sports: Volleyball and Basketball
College/University: CIS volleyball
Community involvement: Elementary School Volleyball tournament referee, scorekeeper at OVA provincial championships, OFSAA Volleyball 2009 volunteer
Hobbies (other than sports): Video games, reading science fiction, music
Sport Highlight: Dunked in a high school basketball tournament



Grade 12
Sport: Track and Field –High Jump and 100m hurdles
School of Interest: University of Toronto
Academic: Honor Roll
Athletic: 3 year OFSAA high jump champion, Ranked 2nd in Canada in high jump (youth) 2012, 2011, 2010, Ranked 6th in Canada in 100m hurdles (youth) 2012
Community Involvement: Elementary school volleyball referee, Elementary school volleyball clinic instructor, University of Toronto Track and Field Camp volunteer instructor, Relay for Life volunteer, Terry Fox Volunteer, Track and Field meet volunteer

STUDENT ATHLETE BROUGHT TO YOU BY...

COUSIN VINNY'S

Give us a call for your after game pizza!

Pizza & Deli 519-645-1116 • PICK-UP OR DELIVERY

4 on 4

A NEW WAY TO PLAY

REGISTER NOW!
Register online at westernfairdistrict.com
LEAGUE STARTS **MAY 4th**

Individual Rate \$150 per person (taxes incl.)	Team Rate \$1,560 per team (taxes incl.)
---	---

2013 CO-ED DIVISIONS:
From Novice to Adult 18+

SPORTS CENTRE

WESTERN FAIR district **be entertained**
westernfairdistrict.com

HP

HARRISON PENSA
In any case.

www.harrisonpensa.com

Aaron Swartz. Family of Reddit co-creator blames prosecutors for suicide

The family of a Reddit co-founder who committed suicide weeks before he was to go on trial on federal charges that he stole millions of scholarly articles is blaming prosecutors for his death.

Aaron Swartz hanged himself in his Brooklyn apartment Friday night, his family and authorities said. The 26-year-old had fought to make online content free to the public and as a teenager helped create RSS, a family of web feed formats used to gather updates from blogs, news, audio and video.

In 2011, he was charged with stealing millions of scientific journals from a JSTOR computer archive at the Massachusetts Institute of Technology in an attempt to make them freely available.

He had pleaded not guilty, and his federal trial was to begin next month. If convicted, he faced decades in prison and a fortune in fines.

In a statement released Saturday, Swartz's family in Chicago expressed bitterness toward federal prosecutors pursuing the case against him.

"Aaron's death is not simply a personal tragedy. It is the



Aaron Swartz THE ASSOCIATED PRESS FILE

product of a criminal justice system rife with intimidation and prosecutorial overreach. Decisions made by officials in the Massachusetts U.S. Attorney's office and at MIT contributed to his death," they said.

JSTOR didn't press charges once it reclaimed the articles from Swartz, and some legal experts considered the case unfounded. JSTOR's attorney even asked prosecutors not to pursue the case, according to Elliot Peters, Swartz's defence attorney. **THE ASSOCIATED PRESS**

Attawapiskat. Mulcair seeks hunger strike's end

NDP Leader Tom Mulcair is calling on Attawapiskat Chief Theresa Spence to end her liquid-only diet.

Mulcair told CTV's Question Period he's always concerned when someone seems willing to end their own life.

He says Spence ought to end her protest now following last week's meeting between Prime Minister Stephen Harper and First Nations leaders.

"I would sincerely call

upon Chief Spence to realize that there has been a step in the right direction," he said.

"It has been a year where nothing was done after a very formal meeting. But finally the government seems to be moving."

Spence has vowed to continue her protest until First Nations leaders can get Harper and Gov. Gen. David Johnston in the same room.

THE CANADIAN PRESS

Egypt

Retrial ordered for Hosni Mubarak

A Cairo appeals court on Sunday overturned Hosni Mubarak's life sentence and ordered a retrial of the former Egyptian president for failing to prevent the killing of hundreds of protesters during the 2011 uprising that toppled his regime.

The court did not provide the reasoning for its ruling, but was expected to do so later. The ruling had been widely expected. When Mubarak was convicted, that trial's judge criticized the prosecution's case, saying it lacked concrete evidence.

THE ASSOCIATED PRESS

United States

NRA confident it can block gun ban

The U.S. gun lobby says it has enough support in Congress to block a law that would ban assault weapons, despite promises from the White House and senior Democratic lawmakers to make it a reality.

The proposed bill would ban assault weapons and limit the size of magazines.

"When a president takes all the power of his office ... you don't want to make predictions. But I would say that the likelihood is that they are not going to be able to get (it passed)," NRA president David Keene told CNN's State of the Union.

THE ASSOCIATED PRESS

Sanctuary claims Ikea monkey was abused

Custody battle. Court documents allege the family beat the animal, wanted its teeth pulled

Semantics?

"She holds him by the neck to keep him still or above water.... The defence calls this strangulation."

Lawyer Ted Charney, alleging that the sanctuary considers normal pet handling "abuse."

The battle over a macaque known as the Ikea monkey is heating up, with a primate sanctuary alleging his owners strangled the animal, hit him with a spoon and planned to have his teeth removed.

But a lawyer representing the woman, who is trying to get her pet back, dismisses the claims, saying they're an attempt to discredit his client.

Anything can be claimed in such court documents, "no matter how ridiculous," Ted Charney said in a statement.

The monkey named Darwin has resided at Story Book Farm Primate Sanctuary in Sunder-

land, Ont., since he was found in December wandering in the parking lot of a Toronto Ikea, wearing a little shearling coat.

The sanctuary is trying to block efforts by Yasmin Nakhuda, Darwin's owner, to get him back, and it's now alleging in court documents filed Friday that she abused him.

Nakhuda has said that an unidentified breeder gave Darwin to her as a gift. But the sanctuary alleges Nakhuda, a real-estate lawyer, was introduced to an illegal exotic-animal dealer by a client.

Nakhuda tried to return Darwin after a few days but de-

cided keep him after the dealer showed her how to abuse the monkey so he behaved, the sanctuary alleges.

The whole family, including Nakhuda's husband and young sons, have abused Darwin since then, the sanctuary alleges.

They have hit him in the head and face, forced him to live in a small dog crate and failed to change his diaper for days, the sanctuary alleges.

Darwin was biting the family to protect himself, which prompted them to make plans to have his teeth removed, the sanctuary alleges.

"There are many YouTube



The monkey, Darwin. HANDOUT/BROWLEY PAGE/THE CANADIAN PRESS FILE

videos which show Darwin with the family looking just fine and reveal a loving relationship," Charney said. "Not one person has come forward to say they witnessed abuse."

Photos entered as evidence show the monkey swaddled like a baby asleep in bed with Nakhuda and curled up asleep on her younger son's lap.

THE CANADIAN PRESS



Un père, une mère! Hordes protest gay marriage in France

Women shout during a demonstration in Paris on Sunday. Many thousands of protesters are mobilizing against the French president's plan to legalize gay marriage, streaming into the capital. The opposition to President Francois Hollande's plan has underscored divisions among the secular-but-Catholic French, especially more traditional rural areas versus urban enclaves. But while polls show the majority of French still support legalizing gay marriage, that backing gets more lukewarm when it comes to the raising of children. **MICHEL EULER/THE ASSOCIATED PRESS**

More rapes bring more arrests in India

Police said Sunday they have arrested six suspects in another gang rape of a bus passenger in India, four weeks after a brutal attack on a student on a bus in the capital outraged Indians and led to calls for tougher law.

Police officer Raj Jeet Singh said a 29-year-old woman was the only passenger on a bus as she was travelling to her village in northern Punjab state on Fri-

day night. The driver refused to stop at her village despite her repeated pleas and drove her to a desolate location, he said.

There, the driver and the conductor took her to a building where they and another five friends took turns raping her overnight, Singh said.

The driver dropped the woman off at her village early Saturday, he said.

Singh said police arrested six suspects on Saturday and were searching for another.

Gurmej Singh, deputy superintendent of police, said all six admitted involvement in the rape. He said the victim was recovering at home.

Also on Saturday, police arrested a 32-year-old man for allegedly raping and killing a nine-year-old girl two weeks

ago in Ahmednagar district in western India, the Press Trust of India news agency reported. Her decomposed body was found Friday.

Police officer Sunita Thakare said the suspect committed the crime seven months after his release from prison, having served nine years for raping and murdering a girl in 2003, PTI reported. **THE ASSOCIATED PRESS**



Fired up over Spain's health-care sell-off

Protesters shout slogans during a demonstration against plans to restructure and partly privatize the health-care sector in Madrid on Sunday. Madrid's regional government proposes selling off the management of six of 20 large public hospitals and 27 of 268 health centres, and says the reforms are needed to secure health services during the country's economic crisis. Spain's regions are struggling with a combined debt of about \$190 billion US as the national economy contracts into a double-dip recession triggered by a 2008 real-estate crash. **ANDRES KUDACKI/THE ASSOCIATED PRESS**

U.S. debt limit. Treasury rules out minting \$1T supercoin to solve crisis

The U.S. government won't be minting a \$1-trillion US platinum coin as a way to solve its debt-limit crisis.

Treasury Department spokesman Anthony Coley said Saturday that neither his department nor the Federal Reserve believes the law can or should be used to produce such a coin to avoid a coming battle with Congress over govern-

ment borrowing.

Some of U.S. President Barack Obama's liberal allies have been promoting the coin strategy. The government has reached its \$16.4-trillion borrowing limit. By late February or early March, Treasury will run out of ways to cover debts and could begin defaulting on government loans.

THE ASSOCIATED PRESS

Alimony ruling

Maple Leaf Foods CEO to pay ex-wife \$175K monthly

The CEO of Maple Leaf Foods has been ordered to pay his ex-wife \$175,000 a month in interim spousal support after an Ontario

judge struck down parts of a marriage contract meant to keep the family's wealth within the bloodline. Michael McCain must also make retroactive payments stretching back to July 2011, the first month of his split from his wife of 30 years, Christine McCain.

THE CANADIAN PRESS

Nortel verdict will send message, observer says

Monday ruling. Former executives, accused of cooking books, each face up to 10 years in prison

Three former Nortel executives accused of orchestrating a widespread multimillion-dollar fraud will learn their fate Monday, nearly a year after one of the largest criminal trials in Canada's corporate history began.

Ontario Superior Court Justice Frank Marrocco is set to rule on whether ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gologly manipulated financial statements at Nortel Networks Corp. from 2002 to 2003.

The men, who each face two counts of fraud, are accused of participating in a book-cooking scheme designed to trigger \$12.8 million in bonuses and stocks for themselves at the once powerful Canadian technology giant. The accused, who were fired in 2004, have all pleaded not guilty to the charges. If convicted, each could face up to 10 years in prison.

Marrocco was the lead prosecutor in the Bre-X Securities case — the largest corporate fraud case in Canadian history — and his verdict will send a message through both legal and financial circles, says one expert observer.

Darren Henderson, an assistant professor of managerial accounting and control at Richard Ivey School of Business

By the numbers

\$9B

The verdict will come on the same day that mediation talks on the distribution of nearly \$9 billion in assets from the now-bankrupt Nortel begin in Toronto. The weeklong proceedings are part of an effort to settle the company's creditor claims in Canada, the U.S. and around the world.

at Western University, says that since the fall of Nortel, securities regulations have been tightened — particularly to ensure that top-ranking executives at major corporations are held more accountable when signing off on financial statements.

Despite this, Canada is still seen as soft on white-collar



Ex-Nortel CEO Frank Dunn leaves a Toronto court in this Jan. 16, 2012, file photo. On Monday, a judge will rule on fraud charges against Dunn and two colleagues. **THE CANADIAN PRESS FILE**

crimes, especially when compared to the stiff sentences handed out in the U.S. during the Enron scandal.

THE CANADIAN PRESS

Geneva. Treaty to cut mercury emissions may be in sight

Delegates from more than 130 nations have begun negotiating to create the world's first legally binding treaty to reduce mercury emissions.

Swiss diplomat Franz Perrez told reporters Sunday in Geneva "we are confident that we'll be able to conclude here this week" with a final document that nations will adopt later this year. Fernando Lugris of Uruguay, who chairs the negotiations, said the six-day conference already has agreed on a draft text that it will use this week for negotiations.

Mercury use

- Mercury, a toxic metal that accumulates in fish and goes up the food chain, is widely used in chemical production and small-scale mining, particularly gold.

The UN environment program reported last week that mercury pollution in the top layer of the world's oceans has doubled in the past century.

THE ASSOCIATED PRESS

Browser security. Java glitch to be fixed 'shortly,' Oracle says

Oracle Corp. says it will soon fix a flaw in its Java software that caught the attention of the U.S. Department of Homeland Security. In a statement Saturday, the company said it was "aware of a flaw in Java software integrated with web browsers."

The glitch is only in the JDK7 version of the software, and it "does not affect Java applications directly installed and running on servers, desktops, laptops and other devices," the company said, adding that a "fix will be available shortly."

On late Thursday, the DHS

had advised people to temporarily disable the Java software on their computers to avoid potential hacking attacks. Computer security experts believed hackers had found a flaw in Java's coding that creates an opening for criminal activity and other high-tech mischief.

Java is a widely used technical language that allows computer programmers to write a wide variety of Internet applications and other programs that can run on just about any computer's operating system.

THE ASSOCIATED PRESS

A Clinical Research Opportunity for People with GOUT FLARES

My GOUT SYMPTOMS just won't go away.

Qualify for a local research study and you may receive an investigational GOUT medication that's designed to work differently than most other drugs.

No-cost study-related care.
Compensation for time and travel.

Call 866-785-2186
or visit www.GoutTrial.com



Come in. Start again.

Debts spinning out of control? Feeling overwhelmed?

We're here for YOU. For a FREE financial assessment, meet with us and learn about our solutions. Learn how you can stop the collection calls, protect your assets, make one manageable payment on debt and **start again.**

519.310.FREE
or visit us at www.mclay.ca

McLay
Trustee in Bankruptcy

Helping people throughout Southwestern Ontario with debt relief for over 20 years.

'HERE FOR THE LONG HAUL': LONDONER MAKES A DIFFERENCE IN HAITI



URBAN COMPASS
Todd Devlin
london@metronews.ca

Elaine Knight has learned a great deal in the two-and-a-half years she's been serving disadvantaged communities in Haiti. But the biggest takeaway for the Londoner has been her insight into the

resilience of the human spirit.

Life has been a struggle for many since the devastating earthquake in 2010 killed more than 300,000 and left more than a million homeless. But Knight has been stunned by the strength that Haitians have displayed daily.

"I've learned how people survive," she said over the phone from L'Estere, Haiti, where her London-based non-profit — Life-Paths Global Alliance (LGA) — has been operating since August 2010. "Even when things are really desperate, people still get through it and they still have a life."

Knight, too, has learned how to find strength amidst dire circumstances. That wasn't always the case, she admits. When she first travelled to Haiti in May 2010, she remembers being in shock.

"I was overwhelmed, and I was crying a lot," she said. "Even when I got home I would burst into tears. But then I thought, 'Well, geez, they're actually living it and they're not overwhelmed.' So I learned that you have to be patient and you have to have faith."

She's come a long way since then, and so has her organization — which has been making a real difference in L'Estere, a city two-and-a-half hours north of the capital Port-au-Prince.

LGA has started a clothing workshop, a rice project, an Internet café, and has supported schools and cultural programs in the city. But the organization's biggest impact has been with its telemedicine service. Working with Dr. Joey Prosper, LGA is providing high-quality, low-cost health care to individuals who may otherwise go without.

Through telemedicine — specifically tele-videoconferencing — patients and doctors are no longer required to make lengthy trips (sometimes four or five hours) for medical appointments. And the health care is delivered for free, including medication.

"These are the poorest of the poor, so if they have a choice to eat or go and find out why they have a sore throat or an ear infection, they'll go buy food," Knight said. "That's why we provide the health care free."

In two-and-a-half years, LGA has provided care for more than 12,000 people.

Knight, who owns a health-care company in London, visits L'Estere three times a year for a few weeks each time and she says she really feels like part of the community now.

This past Saturday, LGA hosted a live concert for the third year in a row to commemorate the anniversary of the earthquake.

LGA is hoping to expand and open a telemedicine clinic specifically for women and pediatric care in the future. Knight says she's committed to the cause.

"We're going to be here for the long haul," she said.

"There are groups here like ours that are making a huge difference."

Follow Todd Devlin on
Twitter @UrbanCompassLdn



Elaine Knight, pictured, says her experience in Haiti has taught her "how people survive." Visit lifepathsglobal.org for more information. CONTRIBUTED

Anniversary picks up steam



ALASTAIR GRANT/THE ASSOCIATED PRESS

London Tube

Restored-train trip marks 150th

Metropolitan 1, a restored steam train built in 1898, passes through Farringdon Tube station on its journey between Olympia Tube station in London, England, on Sunday. The trip was part of celebrations for the 150th anniversary of the London Underground Tube system.

The first stretch of the world-famous network opened to the public on Jan. 10, 1863.

THE ASSOCIATED PRESS

Underground

Onlookers catch glimpse of history

Tourists waiting for the morning subway train to Madame Tussauds were treated to the unusual sight. Hundreds of train fans, costume-wearing enthusiasts, and curious onlookers gathered at platforms and bridges across the city to watch as the locomotive transported passengers on the iconic trip.

THE ASSOCIATED PRESS

Chugging along

Mayor calls ride 'romantic'

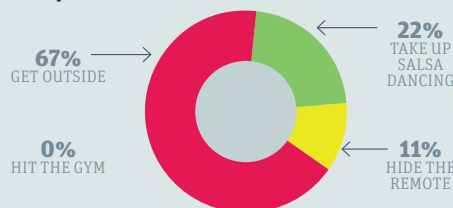
London Mayor Boris Johnson was among the invited passengers aboard the historic black-and-red locomotive. He said the trip was "romantic," describing "thick clouds of white steam going past and then bits of soot coming through from the engine."

THE ASSOCIATED PRESS



Register at metropolitanpanel.ca
and take the quick poll

What's your plan for getting in shape in 2013?



Twitter

@edjackman:

This sort of weather must make a walk of shame that much more tolerable.

@leemann:

Do something today that your future self will thank you for...

@MerryAlana:

Really confused by this spring-like weather in #ldnont

@jaymelow:

I know people love and rely on cold winters, but man, nothing beats running in shorts in January #heatwave #ldnont

@ErinBillinghurst:

Spent 5 hours at the bar last night.... #ceepssaturday

@MGirash:

Anyone in #LDNont have Migas on their brunch menu?

2 SCENE



Tina Fey and Amy Poehler took over from the controversial Ricky Gervais as the hosts of the Golden Globe Awards. GETTY IMAGES

Fey-ry funny stuff, gals

Awards. Tina Fey and Amy Poehler delight as hosts; Canuck composer Mychael Danna gives a shout-out to friends and family back home



NED EHRBAR
Metro World News in Hollywood

All of Hollywood was focused on the 70th Annual Golden Globe Awards Sunday night as awards season kicked into high gear with the Hollywood Foreign Press' yearly party at the Beverly Hilton.

This year's new co-hosts,

Best of the barbs

"I haven't seen someone so totally alone and abandoned since you were on stage with James Franco at the Oscars."

Tina Fey pays Anne Hathaway a backhanded compliment for her role in *Les Misérables*

Tina Fey and Amy Poehler, drew early raves for their work, with a lively opening segment that poked just enough fun at the attendees to make it memorable. "Only at the Golden Globes do the beautiful people of film rub shoulders with the rat-faced people of television," joked Poehler, who was up against Fey for best actress in a television comedy.

The first award of the night

went to Christoph Waltz, who was dubbed best supporting actor for his work in *Django Unchained*, beating out co-star Leonardo DiCaprio as well as Lincoln scene-stealer Tommy Lee Jones, who is considered the Oscar front-runner in the category.

Canadian composer Mychael Danna picked up the best score award for *Life of Pi*.

"I felt very, very blessed, even before this, and I speak

for the whole cast and crew, to be part of the whole *Life of Pi* experience," he said. "Beautiful, special film. A film of a lifetime."

Danna spent nearly a year working on the score for *Life of Pi*, which tells the story of a shipwrecked Indian boy adrift in the Pacific Ocean with a Bengal tiger.

The musician thanked his parents for giving him "the gift of music" and his friends and kids "back in Toronto."

Adele received her first Golden Globe for best song for *Skyfall*.

"Oh my God! Honestly, I've come out for a night" as a new mom, Adele said in an endearing acceptance speech. "I was literally not

expecting this."

On the TV side of things, early awards mirrored last September's Emmy awards. Maggie Smith won for best supporting actress for *Downfall*, and *Homeland* star Damien Lewis earned the trophy for best actor in a TV Drama. *Homeland* also won for best TV drama.

WITH FILES FROM THE CANADIAN PRESS

Exclusively online

Visit metronews.ca for complete coverage of Sunday's Golden Globe awards, a photo gallery and full list of winners.

#1 in client service
five years in a row.¹



RBC Direct Investing



You booked your last 5 vacations online.

Online investing could be your next destination.



RBC Direct Investing™
It's like online shopping for investments.

rbc.com/destination



Lindsay Lohan.

Former co-star comes to Lohan's defence

Lindsay Lohan is undergoing a fresh round of criticism thanks to a New York Times piece chronicling the adverse working conditions the actress inspired on the set of *The Canyons*, which she filmed last year.

But at least one former co-star is sticking up for her. "I never got yelled at. We didn't have that relationship at all. To be

completely fair to Lindsay, that did not happen. She didn't threaten me at all," says her Liz and Dick co-star Grant Bowler. "We had a lot of quiet, serious conversations about characters and we worked very, very hard. And we both ensured that when we came to set, we came to set very, very serious. That's the God's honest truth."

Twitter



@otiviawilde

Thanks for all the sweet congratulatory love, friends! And may I compliment your savvy use of that nifty engagement ring emoticon.



@ABFoundation

You could go out on the street right now and 3 of the first 5 people you meet could do a better job than your current rep in Congress...



@ralphmacchio

Finally gave up my BB - kept crashing. Now the realization - I suck at touch screen. This tweet took 8 mins to generate. #iphoneneophyte.



@SarahKSilverman

If you have terrible luck with roommates, YOU'RE the terrible roommate

YOU COULD WIN
A PASS FOR TWO TO A SPECIAL ADVANCE SCREENING OF
PARKER

ONE LUCKY WINNER WILL ALSO RECEIVE A COPY OF THE NOVEL, PARKER

IN THEATRES JANUARY 25TH

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrolondon

visit **club metro .com** TO ENTER

e one

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jackass alum killing it with his new reality show

THE WORD

Mark Breslin
scene@metronews.ca

Steve-O is the host of *Killer Karaoke*, a new series airing Tuesdays at 10 p.m. ET on Action.

The show features contestants performing their favourite songs in extreme and outrageous circumstances.

We recently caught up with the *Jackass* alumnus to learn more about the show, aging and making people cry.

You became famous for putting your body on the line in shows like Jackass. Now you're putting other people's bodies on the line. Are you getting older or are you getting smarter? Or both?
I would like to believe both. I think that it's a good idea for me to work towards

having a career more than a guy that just hurts himself.

Do the contestants know what fate awaits them?

When we're shooting a guy in a dog attack suit, he's probably got an inkling that he'll be attacked by dogs. But for the most part, we don't let anybody on to what's going to happen.

And when you decide on what people are going to do, do you match the contestants' particular fears

Where we are able to cater to a person's particular fears, we do.

Is anybody so tough that they just go through the song like the challenge is not even happening?

That hasn't happened. The challenges are tough enough that not one single person has made it through without registering some sort of difficulty.

Who makes better contestants, men or women?

Depends on the challenge. Everyone loves to see a guy in pain, I think and they love to see women scared, but not in pain.



Bradley Cooper.

Cooper bringing Mom as date

Bradley Cooper didn't have to worry too much about who his date for the Oscars will be now that he's up for Best Actor for his work in *Silver Linings Playbook*. That decision was made a long time ago.

"One night, when I

started the profession, (my mom said) 'If you ever (get nominated) I am the date,'" he tells E! News, adding that he's already informed mom Gloria that she needs to find a nice dress for the Feb. 24 event. "She was freaking out," he says.

Kobe Bryant gets back with wife

L.A. Lakers star Kobe Bryant and his wife, Vanessa, are not splitting up after previously filing for divorce.

"We are pleased to announce that we have reconciled. Our divorce action will be dismissed. We are looking forward to our future together," Vanessa announced via her Instagram account.

The couple filed for divorce in 2011. Kobe took to his official Facebook page to go into a bit more detail.

"I am happy to say that Vanessa and I are moving on with our lives together as a family. When the show ends and the music stops, the journey is made beautiful by having that someone to share it with."



Opening Night Tickets Just \$15!*

JAN. 24-27

Thu.	Fri.	Sat.	Sun.
JAN. 24	JAN. 25	JAN. 26	JAN. 27
10:30 AM	10:30 AM	11:00 AM	11:00 AM
7:00 PM*	7:00 PM	3:00 PM	3:00 PM
		7:00 PM	

Not valid on Front Row or VIP seats. No double discounts. Additional fees may apply.

Buy tickets at budweisergardens.com,
Budweiser Gardens Box Office
or call 1-866-455-2849

Regular Ticket Prices: \$18 • \$35 • \$50 • \$62
Additional fees may apply.

Locally celebrated by

disneyonice.com



Kobe Bryant.

Sunscreen

Lather up. Yes, even in the winter

Even when it's hidden behind sleeting rain, the sun can harm your skin, says Boston-based dermatologist Dr. Thomas Rohrer. He explains why this is the case.

Why do we need to wear sunscreen in the winter?

Basically, the skin really doesn't care if it's summer, winter, spring or fall — it just measures the cumulative amount of sun exposure that you have from the day you're born until the day you die, and it just keeps adding up. For a lot of the skin cancers, what happens is, as we get more and more sun, eventually one of our weaker cells

reaches its limit and then forms a cancer, so whether you get that from walking to the car each day in the spring or sitting out on the beach for a couple hours in the summer, it really doesn't make a difference to the skin.

What about on days when you can't even see the sun?

On cloudy days, some of the damaging rays of the sun go right through the clouds.



(Using sunscreen) should just become a part of someone's daily skin-care routine.

MEREDITH ENGEL, MWN

Exclusively online

• Mommy tales.

Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.



Parenting fads set to rule the playground in 2013

Yearly predictions.

Each year, parents jump on new trends, and many of them are just plain annoying



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Another year has gone by and another year filled with annoying parenting trends has been ushered in.

Here are some fads I'd like to see disappear by the end of 2013.

Trophies for all

This one has been around for a while. We are raising our kids in a generation of "everybody wins and nobody loses" and what this does is make losers of us all.

Without experiencing not winning, kids don't know how thrilling it really is to bring home a coveted trophy or medal.

They don't give out Participation Medals at the Olympics; let's stop giving our kids trophies for simply turning

up. Think of the money, gold coloured plastic, and particle-board that could be saved.

Snacks at every event

From visiting the local park to half-time at a pre-school soccer game, apparently we've decided our children can not a) be hungry at any point or b) be expected to not have a snack every half an hour that c) parents must carry with them at all times.

Recess snacks? Snack break at a play date?

End the madness, please.

Ramping up holiday time

Kids used to send Valentine's Day cards to only kids they actually liked in their classroom.

Strange concept compared to today, when kids have to send in cards to everyone in the class, and half of them come with candies, stickers or pencils attached.

Then there's the mom who brings in (more!) snacks to the class on her child's birthday.

Let's lower that bar (and cost and calorie count) just a bit, OK?

Food deception

This trend continues to be popular as parents everywhere hide kale, quinoa, broccoli and other healthy foods inside sauces, stews and other mixed dishes.

Of course it's great to feed kids nutritious food, but they should also appreciate and learn about what they are eating so that they can make informed decisions once they leave home.

One day they'll have to decide what to pick for themselves or (gasp) make their own lunch.

Kid-tatorship

In many households, the kids are running the show when it comes to what they eat, when they eat, when they go to bed, what activities they choose to do and even where to go on vacation.

It's not all about the kids, kids. Remember that parents are people too and make sure you're not sacrificing all of your wants for theirs.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.



One trend sees all kids getting trophies just for showing up. iSTOCK

Why your teen can't put down those chips



MEREDITH ENGEL

Metro World News in New York

Former United States FDA Commissioner David Kessler's 2009 best-seller, *The End of Overeating*, introduced the thought that our eating habits are reinforced by the fat, sugar and salt pervasive in our diets.

Now, he's speaking to the adults of tomorrow with his new book, *Your Food is Fooling You*, to help teens learn the science behind their behaviour and how they can change it.

Why write a book for young people?

The goal was to speak to them in a voice that doesn't talk down to them, that really tries to explain how they can protect themselves — to make sure that their neural circuits don't get adapted to wanting and responding to these cues.

The goal was to give young people the tools so that their grown brains, these neural circuits, do not get adapted to this constant wanting and constant responding. Because once the neural circuits get laid down and you start responding to

all these cues, it's very hard to unlearn that behaviour.

How are teens targeted by the food industry?

Just look at all the places you can buy food today. And not only that, look at the food. Much of the food is designed; it is made multisensory.

So what can we do about it?

The goal (of the book) is to explain how they can be in control, rather than the food industry. Much of the time, it's not that you're hungry. Much of the wanting is cue-induced. That's automatic — that it's happening to us, it's

not a conscious decision. (Ask yourself:) "Is it real food, or is it just highly processed layers of fat, sugar and salt?"

How can parents help their children get healthy?

There's no question that young people are, to a significant extent, limited by someone else making the choices. But young people do have an ability when they're going through the school lunch line, what they encourage their family to eat, what choices they make. You never get rid of that cue-induced wanting cycle. But you can focus it on what you want.

3
T
I
E
S

Spice and stuff cookies for a decadent orange-date treat

These cookies incorporate spices and have a sweet surprise inside — a mixture of sweet dates, orange flavouring and crunchy hazelnuts. They're perfect with tea.

1. Orange Date Filling: In a saucepan, combine dates, orange rind and juice and bring to a simmer over medium heat. Cover and reduce heat to low. Cook, stirring once, for about 8 minutes or until juice is absorbed and dates soft. Remove from heat and stir to break up dates. Stir in hazelnuts and vanilla; set aside to cool.

2. In a bowl, whisk together flour, oats, baking soda, cinnamon, nutmeg and cloves; set aside.

3. In a large bowl, using an electric hand mixer, beat together butter and granulated and brown sugars until fluffy. Beat in egg and vanilla. Using a wooden spoon, stir in flour mixture. Then, using hands, bring dough together into a soft mixture.

4. Place a level 15-ml (1 tbsp)



This recipe makes about 30 cookies. THE CANADIAN PRESS H/O

measure of the dough on a work surface and flatten into a circle. Place 5 ml (1 tsp) of the filling into the centre and top with another flattened 15 ml (1 tbsp) of the dough. Pinch edges to seal. Place on parchment

paper-lined baking sheet and repeat with remaining dough and filling.

5. Bake in a 180 C (350 F) oven 12 minutes or until lightly golden around edges. Let cool

Ingredients

- 500 ml (2 cups) all-purpose flour
- 125 ml (1/2 cup) large flake oats
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) freshly grated nutmeg
- Pinch ground cloves
- 175 ml (3/4 cup) butter, softened
- 125 ml (1/2 cup) each granulated and brown sugars
- 1 egg
- 5 ml (1 tsp) pure vanilla extract
- Orange Date Filling**
- 250 ml (1 cup) pitted Medjool dates, chopped
- 2 ml (1/2 tsp) grated orange rind
- 125 ml (1/2 cup) orange juice
- 125 ml (1/2 cup) flaked hazelnuts (filberts)
- 2 ml (1/2 tsp) pure vanilla extract

slightly before serving.

THE CANADIAN PRESS/ NATURAL DELIGHTS MEDJOL DATES

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

On those cold days, you want a beverage that will instantly warm you up. But if you order the wrong one, you'll be drinking your calories.

Second Cup White Mocha with whipped cream (16 oz, 2% milk)

460 calories, 24 g fat, 17 g saturated fat

Whipped cream and chocolate syrup make this more of a dessert.



Equivalent

A 16 oz, 2% milk Second Cup White Mocha with whipped cream is equivalent in fat to 10 8-oz cartons of chocolate milk. It also contains 1/3 of your daily calories and 1/2 your daily fat.



Second Cup Moccachino (16 oz, skim milk)

300 calories, 5 g fat, 4 g saturated fat

Take away the whipped cream and add lower fat milk and you have an acceptable hot beverage.



Peanut Butter Chickpea Cookies. Chewy snack



1. Spread chickpeas on baking sheet and bake in 180 C (350 F) oven, 15 mins. Remove and set aside to cool.

2. In bowl of food processor, puree cooled chickpeas, sugars, butter, salt and egg until as smooth as possible. Transfer to bowl and stir in peanut butter (mixture will seem too soft at this point). Chill in refrigerator until dough stiffens considerably, at least an hour or overnight.

3. Drop golf ball-sized spoonfuls of chilled cookie dough onto baking sheet, being sure to leave room for cookies to spread. Flatten each twice with the back of a fork, dipping fork in cold water between each cookie to create hatch pattern.

4. Bake one sheet at a time in 180 C (350 F) oven. 13 mins.,

until starting to turn golden at edges. Let cool on sheet for 5 mins. and transfer to cooling rack. Cookies will be very soft and fragile at first, but once cool will have chewy centre and crisp edges.

THE CANADIAN PRESS/ SASKATCHEWAN PULSE GROWERS

Ingredients

- 250 ml (1 cup) canned chickpeas (half a 540-ml/19-oz can), rinsed and drained
- 125 ml (1/2 cup) granulated sugar
- 150 ml (2/3 cup) brown sugar
- 50 ml (1/4 cup) butter, room temperature
- 1 ml (1/4 tsp) salt
- 1 egg
- 375 ml (1 1/2 cups) crunchy peanut butter

Have your cookies and dip into them too — literally

1. Cookie dough: In a large bowl use an electric mixer to beat the butter and both sugars until light and fluffy. Add the milk, vanilla and salt, then mix well. Add the flour and mix just until thoroughly blended. Mix in the chocolate chips.

2. Divide the mixture into chunks, about 1 teaspoon each. They don't need to be perfectly rounded. Arrange them without touching on a parchment

Ingredients

- For the cookie dough**
- 6 tbsp unsalted butter, at room temperature
 - 1/2 cup packed brown sugar
 - 1/4 cup granulated sugar
 - 1 tbsp milk or cream
 - 1 tsp vanilla extract
 - 1/4 tsp salt
 - 1 1/4 cups all-purpose flour
 - 3/4 cup mini chocolate chips
- For the dip**
- Two 8-oz packages cream cheese, softened
 - 2 cups powdered sugar
 - 6 tbsp milk
 - 1 tsp almond extract
 - Pinch salt
 - 1/2 cup sour cream
 - 10 Oreo (or similar) cookies, crushed



This recipe serves 24. MATTHEW MEAD/ THE ASSOCIATED PRESS

paper-lined baking sheet, then place in the freezer for 15 minutes.

3. Meanwhile, in a food processor combine the cream cheese and powdered sugar.

4. Process until smooth and creamy. Add the milk, almond extract, salt and sour cream, then process. Transfer to a bowl, then use a spatula or spoon to gently stir in the crushed cookies.

5. Once the cookie dough chunks have chilled, gently stir them into the dip. Transfer to a serving bowl and serve immediately or chill until ready to serve.

THE ASSOCIATED PRESS

In the business of being a hero

Do you have what it takes? Consider this fast-paced but infinitely fulfilling field of paramedicine

YIVA
VAN BUUREN
careerbear.com

If you can keep your cool in an emergency and don't faint at the sight of blood, paramedicine might be the career for you.

Paramedics are "first responders," working alongside police and firefighters to provide emergency services and pre-hospital care for patients.

In the course of a shift, they may be dispatched to a car accident, a private home where someone is having a heart attack or the scene of a shooting.

Paramedics perform CPR and other basic trauma life support to stabilize patients and then rush them to hospital.

They work in teams, drive their own ambulances or



Working paramedics have taken a community college course and obtained proper certification. ISTOCK

emergency response vehicles and provide care on-site and en-route to the hospital.

Career opportunities

- Ambulance service or EMS member
- Search and rescue team mem-

ber

- Supervisory role
- Emergency planning
- Emergency medical

- dispatcher
- Industrial safety
- Military medic

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



- Air ambulance worker
- Salary expectations**
\$70,000 to \$85,000 (Toronto EMS numbers)

Career tracking

Recent grads get jobs working for an EMS department. There are different levels of paramedicine and you can take additional training to become an advanced care or critical care paramedic.

Successful paramedics are...

- Calm under pressure
- Critical thinkers
- Dedicated, multi-taskers
- Rapid decision makers
- Empathetic
- Leaders
- Physically strong
- Good communicators

NOW HIRING

Resident Manager Couples & Building Caretakers for our RiverPark Towers location.

Please send resumes to jobs@metcap.com and quote **RMLON** or **BCLON** in subject line or fax to **416.499.7274**



**It could have been last year!
MAKE SURE IT'S THIS YEAR!**

CAREER TRAINING IN:

- Medical Office Administrator
- Health, Fitness and Nutrition Consultant
- Addictions and Community Services Worker
- Legal Administrative Assistant

CALL NOW FOR MORE INFORMATION!

1-866-839-4232

www.EverestToday.ca

Everest
COLLEGE

BUSINESS • TECHNOLOGY • HEALTHCARE

LONDON

(CIBC Plaza, and Floor, corner of Wellington & York)



**16 CONVENIENT LOCATIONS
IN ONTARIO**

Everest College is the largest private career college in Ontario with more than 3000 employees in Ontario annually.

Career services assistance available to graduates. Morning and afternoon classes available. Financial assistance may be available for those who qualify. Programs and schedules vary by campus.

DISCOVER IMPROVE ACHIEVE

trios COLLEGE

BUSINESS • TECHNOLOGY • HEALTHCARE

BUSINESS & LAW

- Honours Business Administration
- Supply Chain & Logistics
- Accounting & Payroll Administration
- Paralegal (LSUC Accredited)
- Law Clerk
- Police Foundations

TECHNOLOGY

- Information Technology Professional
- Information Technology Administrator
- Enterprise Web & Mobile Developer
- Network Administrator
- Video Game Design & Development
- Web Technology Specialist

HEALTHCARE

- Physiotherapy Assistant
- Occupational Therapy Assistant
- Pharmacy Assistant
- Addiction Worker
- Medical Office Assistant
- Personal Support Worker
- Community Services Worker

CONTACT US TODAY!

1-888-894-1384

careerin1.com

520 FIRST STREET, LONDON



Matt Bryant of the Falcons kicks the game-winning field goal in the fourth quarter against the Seattle Seahawks on Sunday in Atlanta. STREETER LECKA/GETTY IMAGES

Seahawks' Cinderella season ends in Atlanta

NFL. QB Wilson rallies Seattle again only to see Falcons win on Bryant's late field goal

Pete Carroll called the game "extraordinary" and his Seahawks' comeback "exquisite." Then, the coach called his rookie quarterback "unbelievable."

Russell Wilson did everything he could to deliver Seattle another comeback win in the playoffs.

Wilson led the Seahawks to three fourth-quarter touchdowns only to see Atlanta's Matt Bryant kick a 49-yard field goal with eight seconds remaining to give the Falcons a 30-28 NFC divisional playoff win over Seattle on Sunday.

Playoffs	
30	28
Falcons	Seahawks

"(Wilson) put us in position to be in another game next week, but we couldn't finish it," Carroll said.

"That's just an amazing football team we have.... It's a really good team and we're just getting started."

The unflappable Wilson is the biggest reason for Carroll's optimism about the Seahawks' future.

The Falcons led 27-7 at the start of the fourth before Wilson began Seattle's

comeback. He had a one-yard touchdown run, passed to tight end Zach Miller for a two-yard score and then led a go-ahead drive capped by Marshawn Lynch's two-yard run with 31 seconds left.

"I love it when games are on the line," Wilson said. "I love it when games are a little bit tight. When others are nervous, that's when I love to play."

There was ample reason for nerves on each sideline in the wild final quarter.

Wilson watched but didn't panic as Atlanta's Matt Ryan completed passes to Harry Douglas and Tony Gonzalez to set up Bryant's game-winning kick.

Wilson was left with eight seconds.

"When we had the ball I knew we were going to win,"

Wilson said. "I knew we were going to score. Obviously it didn't work out."

Following a squib kickoff by Bryant, Wilson completed a short pass to Doug Baldwin to the Falcons 46.

That left Wilson only two seconds for one final desperation toss. The game ended with Falcons receiver Julio Jones, playing deep in the prevent defence, intercepting Wilson's pass in the end zone.

It was the only interception for Wilson, who completed 24 of 36 passes for 385 yards and two touchdowns. Wilson also had seven carries for 60 yards and a touchdown.

"I think he's an amazing football player," Carroll said. "I think he proved it yet again. It's undeniable."

THE ASSOCIATED PRESS

NHL

Canadiens send Gomez packing

The Montreal Canadiens opened training camp with a bang by sending underperforming centre Scott Gomez home for the rest of the season.

The move by new general manager Marc Bergevin



Scott Gomez
GETTY IMAGES FILE

will allow the Canadiens to buy out Gomez's contract in the summer and clear \$7.3 million US in salary-cap space for next season.

Gomez, the Canadiens' highest-paid player, famously went more than a calendar year without scoring a goal during the last two campaigns.

THE CANADIAN PRESS

Cycling

Armstrong 'at ease' ahead of Oprah interview

Out for a Sunday morning jog in bright sunshine, Lance Armstrong hardly looked like a man about to finally confront the doping scandal that has shadowed his storied career like an angry storm cloud.

"I'm calm, I'm at ease and ready to speak candidly," Armstrong told The Associated Press, referring to his interview Monday with Oprah Winfrey.

In what's been billed as a "no-holds barred" session, the cyclist is expected to reverse course after a decade of denials and apologize for doping, as well as offer a limited confession about his role at the head of a long-running scheme to dominate the Tour de France with the aid of performance-enhancing drugs. THE ASSOCIATED PRESS

Carlyle concerned on first day of Leafs camp



Leafs coach Randy Carlyle has a laugh with goalie Ben Scrivens on the first day of training camp in Toronto on Sunday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Mixed in amongst the nerves and excitement as the Toronto Maple Leafs reported for training camp was an emotion rarely seen on Day 1 of an NHL season.

"There's a lot of concern," Leafs coach Randy Carlyle said Sunday.

Concern about the lack of time to get ready for a condensed 48-game schedule. Concern about how best to evaluate which of the 31 players in camp should be in the lineup next Saturday night at the Bell Centre in Montreal. Concern about finding a way to end the NHL's longest playoff drought.

It's been a whirlwind week

Leafs add blue-liner

And Dave Nonis's first acquisition as general manager of the Leafs is ... Mike Mottau.

- The 34-year-old free-agent defenceman has played more than 300 games in the NHL, most recently with Boston.

TORSTAR NEWS SERVICE

for the Maple Leafs organization, with general manager Brian Burke being replaced by Dave Nonis just days after the end of the lockout, and the

pace is only going to pick up.

The message to players as they arrived to the practice facility on Sunday surrounded the importance of giving a hard, consistent effort right from the get-go. The Leafs hope any shortcomings in skill can be made up with enthusiasm.

And with five games scheduled in the first eight days of the season they plan on making an early move in the standings.

"If (the players) don't understand the importance of the first seven or eight games then they didn't do very well in math," said Nonis. "It's going to be difficult for us to take games off." THE CANADIAN PRESS



Horoscopes

Aries

March 21 - April 20

You will find it difficult to disguise your feelings today, but why would you want to? No matter how hard you try to keep your opinions to yourself something will slip out. Let's just hope it's something good.

Taurus

April 21 - May 21

No matter how carefully you try to explain something to a friend or colleague they just don't seem to get it. Are they stupid or are they stubborn? Whatever the answer don't waste too much time on them.

Gemini

May 22 - June 21

Don't commit yourself too easily, especially if certain people try to push you into making a quick decision. In fact, the more they talk up a project the more suspicious you should be. Make sure you know all the facts.

Cancer

June 22 - July 23

You would be wise to remember today that not everyone is as straightforward and honest as you — in fact some people seem to be evasive by design. Trust only those who have a track record of being straight shooters.

Leo

July 24 - Aug. 23

If you have a detailed plan of what you intend to do everything will work out fine. If, however, you leave things to chance your day will probably fall apart in a matter of minutes. So draw up that plan.

Virgo

Aug. 24 - Sept. 23

If you follow the rules over the next 24 hours you won't go far wrong, but if you cut corners you could end up in serious trouble. Today's aspects suggest someone is in for a rude awakening. Don't let it be you.

Libra

Sept. 24 - Oct. 23

Use your head when dealing with people in positions of power. You may be entitled to get angry with a certain individual but don't forget they have the power to make things difficult for you.

Scorpio

Oct. 24 - Nov. 22

Spell out what you expect of other people in plain and simple language today, because if your instructions are vague it's guaranteed they will get it wrong. Then they will be perfectly entitled to blame it on you.

Sagittarius

Nov. 23 - Dec. 21

You may have made up your mind about something but if everyone else disagrees with you it might be wise to think again. If you discover later on that you made a decision based on limited facts it could prove costly.

Capricorn

Dec. 22 - Jan. 20

You need to delegate more and you need to trust friends and colleagues to do a good job. Okay, so it won't be as good as if you had done it yourself but not even a Capricorn can do it all. Get help.

Aquarius

Jan. 21 - Feb. 19

Some things happen for a reason and some things, well, they just seem to happen. What takes place today will most likely fall in the latter category. Don't search too hard for an answer. Maybe there isn't one.

Pisces

Feb. 20 - March 20

Why worry about things that most likely will never happen? If you stop and consider what you are getting worked up about you will realize it is of no importance at all. Why frown when you could be smiling?

SALLY BROMPTON

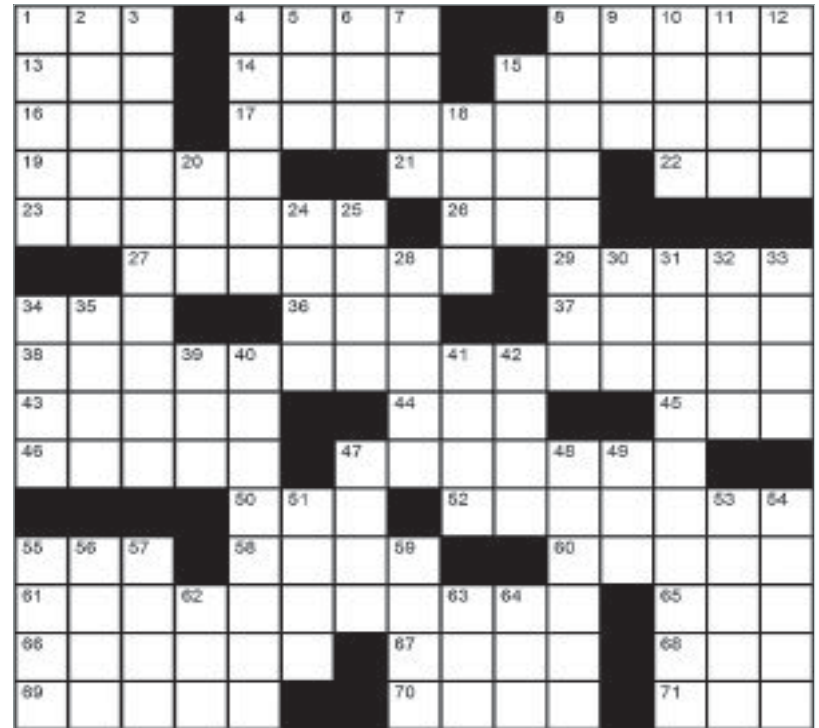
Crossword: Canada Across and Down

Across

1. Electronics co.
4. Wharf
8. Gartic segment
13. Vitner's prefix
14. Seed covering
15. Swiss ___
16. Australian boot maker
17. Guy in Alanis Morissette's "You Oughta Know": 2 wds.
19. Sea swallows
21. "You Raise ___" by Josh Groban: 2 wds.
22. ___ de plume
23. James Bond's tools-of-the-trade: 2 wds.
26. Sales pro
27. Neutral lip/___ (Makeup application pairing)
29. Emily Watson's role in "Gosford Park" (2001)
34. Jackie O's hubby
36. Blood-typing letters
37. Nicole Kidman's friend Naomi
38. Voyageur vessels: 2 wds.
43. Jim Cuddy's band, with Blue
44. Actor Mr. Penn
45. US firearms org.
46. "___ secret that..."
47. Sasha Fierce singer
50. ___ Paulo, Brazil
52. Garage function
55. Facing [abbr.]
58. Laze
60. Taylor Swift song-for-charity
61. Reality star who won gold at the Montreal 1976 Olympics: 2 wds.
65. Theatrical monogram
66. Edmonton players
67. Ex-Leaf Tie
68. Kind of deer
69. Ex-Montreal team
70. Takeout orders, e.g.
71. Pastureland

Down

1. Major upsets
2. Pre-university school in Quebec
3. Rovio game sensations: 2 wds.
4. Silent movie's in-distress role



5. Hockey's Bobby
6. "El ___" (1961)
7. Supermodel Heidi
8. "The legend lives on from the ___ on down..." - Gordon Lightfoot
9. Lake: French
10. Ken of "thirtysomething"
11. Disallow
12. Word's history [abbr.]
15. Colonel Mustard's game
18. Mere's mate
20. Stop-___
24. Just ___ (Small bit)
25. Ms. McEntire

28. Radiohead singer Thom
30. PC linking system
31. The ___, Canadian author Margaret Laurence's most famous work: 2 wds.
32. Road of Rome
33. 'Cont' completer (Italian noblewoman)
34. Dugout shelter
35. Hilarious one
39. 100 yrs.
40. Gene Hackman basketball movie
41. Jays followers

42. Curdle
47. Tree trunk
48. Action star Chuck
49. ___Magnon Man
51. Noun modifiers, for short
53. Movie star Clark
54. Laud to the heavens
55. Orchestra instrument
56. Grand ___ racing
57. "___ Fiction" (1994)
59. Remnants
62. Company pres.
63. ___ Turn (Road sign)
64. Diplomatic bldg.

Yesterday's Crossword

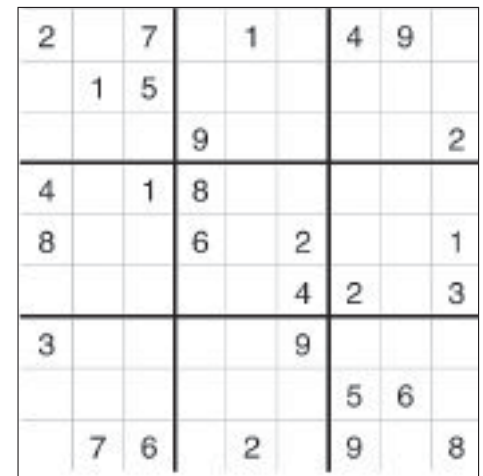
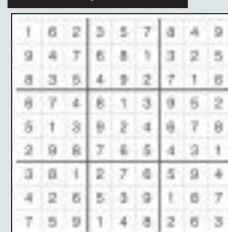


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Read metro your money every Tuesday for financial tips, trends and advice.
Only in Metro. News worth sharing.



LONDON'S Airport



The Power To Surprise!



2012/2013
SORENTO

7 PASSENGER
SEATING
AVAILABLE

**TOP
SAFETY
PICK** 2012
INSURANCE INSTITUTE
FOR HIGHWAY SAFETY



2013
Rio

MOTORING
2012

"BEST SMALL CAR"

(under \$21,000)

*See dealer for details.

LONDON'S
Airport

*Family owned
and Operated*



LIKE OUR FACEBOOK PAGE AND FOLLOW
US ON TWITTER @LONDONSARPTKIA

(519)451-5555 • 2284 DUNDAS ST • kialondon.ca